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Black History celebrated

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The Fort Jackson **Leader**

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A four-star's focus



Photos by Karen Soule

Above: Gen. Martin Dempsey, TRADOC commanding general, congratulates Spc. Thomas Wills, Company D, 3rd Battalion, 34th Infantry Regiment, on being named Soldier of the Cycle after Wills graduated from Basic Combat Training Friday at Hilton Field. **Right:** Dempsey addresses the Soldiers and family members during graduation.



Dempsey: GWOT redirection means adaptations ahead

Mike A. Glasch
Leader Staff

As the fight in the Global War on Terror shifts from Iraq to Afghanistan, Army leaders are looking at how to shift the focus of training to deal with the renewed emphasis of fighting in one of the world's poorest countries.

"There will be adaptations," the Army's top trainer said Friday during a two-day visit to Fort Jackson.

The commander of the U.S. Army Training and Doctrine Command, Gen. Martin Dempsey, said there will not necessarily be changes in the conduct of counterinsurgency operations — the tactics, techniques and procedures — but rather changes in the training on how to work with the local population and operating in a different physical environment.

"It's a harder country to get around in, it's a harder country to resupply; it's just a harder country," Dempsey said. "It's the third or fourth poorest country in the world. In Iraq, you would recognize road networks, an electrical grid, it's somewhat modern, particularly for that part of the world. There is nothing modern about Afghanistan."

Dempsey also stressed the differences in terrain. Afghanistan is a mountainous country, with altitudes reaching nearly 25,000 feet.

"In the Hindu Kush region (near the Pakistan border) you could be serving at 14 or 15 thousand feet. But if you are down in Kandahar you are in a desert-type climate," he said. "So helicopter pilots for instance, have different training challenges in those conditions. There will be changes. We are aware of them. We actually started making them a few months ago."

There will also be cultural differences between Afghanistan and Iraq. Soldiers will have to adapt. Dempsey noted that while the same counterinsurgency challenge exists — the enemy living among the people — the enemy has a greater influence on the local populations.

"The tribal networks, the degree to which religion does, or doesn't, play a factor, the degree to which the influences emanate out of Pakistan all have an affect on the local

See **GWOT** Page 8

COMMANDERS' CORNER

From the Commanding General

Tradition, training, transformation shape Fort Jackson

I've said this before, but it never hurts to repeat something that makes me feel good saying.

I am referring to the fact that Fort Jackson is truly blessed with an abundance of resources, talent and unlimited potential. I can't overstate how proud it makes me to lead so many professionals. The people here and the missions they successfully complete are truly remarkable.

I feel so fortunate to be part of something as big and important as the current campaign plan that is being forged.

During an offsite two weeks ago, Fort Jackson's senior leaders had the opportunity to further develop the plan by putting specific ideas to campaign objectives.

I am very proud to report that much progress was made during the sessions.

One integral part of the campaign plan is our vision statement, which guides us to where we want Fort Jackson to be.

Allow me the opportunity to elaborate on the three pillars of the vision statement: tradition, training and transformation.



Brig. Gen. May

Tradition

Fort Jackson has played a vital role in preparing Americans to serve their country for more than 90 years. When the installation was built in 1917, just like today, our nation was at war. Since then, numerous units have prepared for battle here — such as the 4th Infantry Division, the 101st Airborne Division and the 81st Infantry Division.

More than 500,000 Soldiers trained here before fighting in World War II.

The Soldiers who trained here before us leave us with a proud legacy and have inspired many to follow in their footsteps. Although the Army has changed tremendously over the years, we are all part of that lineage of brave Americans.

All of us can be proud to be part of the tradition that defines this great installation.

Training

Training is our hallmark. As the Center of Excellence for Basic Combat Training, we are transforming civilians, training Soldiers and developing leaders who are physically tough, mentally adaptable, live the

Warrior Ethos, and are able to contribute to the success of their first unit of assignment meeting the demands of our nation and an Army at war.

Today, Fort Jackson trains approximately 50,000 Soldiers a year in Basic Combat Training. Eighty percent of females who join the Army are trained here. We are home to Advanced Individual Training units, the Soldier Support Institute, the Drill Sergeant School, Army Chaplain Center and School, Victory University and the Defense Academy for Credibility Assessment. In addition, Task Force Marshall prepares Individual Ready Reserve Soldiers and Navy individual augmentees for deployment.

Fort Jackson plays a vital part in training Soldiers and protecting our country. Our Army serves a nation at war. Our individual and organizational approach to our duties and tasks must reflect the seriousness and sense of urgency characteristic of an Army at war. Our Soldiers and nation deserve nothing less.

Transformation

Although we have a proud tradition to

rely on and inspire us, we must never lose sight of the future. To be effective, we must be willing and ready to accept change. Transformation means more than just modernizing our infrastructure.

It means constantly challenging ourselves, our methods and our means. Transformation is not a new concept here. In fact, it started many years before I took command.

But we have a responsibility as leaders to continue evaluating our training to ensure we are preparing Soldiers to achieve the highest standards possible while providing them and our families with the highest possible quality of life. Our mission is vital and our obligations to the nation demand the very best we can offer.

"Team Jackson, a proud legacy of training American Soldiers for over 90 years, committed to transforming individuals and institutions, while at the same time providing the highest quality of life and care for our Soldiers, Families and Civilians."

Fort Jackson: Tradition, Training, Transformation!

Army Strong !

Ask the Garrison Commander

Participation in AFAP conference offers voice to all

What is the AFAP conference and how can I get involved?

The annual Army Family Action Plan conference is scheduled for March 4-5 at the Fort Jackson Officers' Club. The AFAP conference is an opportunity for members of the Fort Jackson community to voice their concerns and take an active part in the issue-resolution process.

At the AFAP conference, issues will be developed, discussed and prioritized by each constituent group: Soldiers (active duty, single and married, and National Guard and Reserve), retirees, veterans, DoD civilians and family members.

The AFAP conference consists of volunteers as facilitators, recorders, transcribers, issue support and delegates. All volunteers will receive training before the conference. Those who want to participate as either staff or as a dele-



Col. Dixon

gate should call 751-5444.

How can I submit an issue for the upcoming AFAP Conference?

The simplest method of issue submission is online. To submit an issue online, visit www.fortjacksonmwr.com/acs_afap or <http://www.jackson.army.mil/WellBeing/CMS>.

Box submission locations are at the Main Post Exchange, Thomas Lee Hall Library, the commissary, the MG Robert B. Solomon Center and at Century Lanes Bowling center.

Garrison Fact of the Week

Your voice does make a difference! Examples of

AFAP success stories are:

— Service members' Group Life Insurance increased from \$200,000 to \$400,000.

— Army Emergency Relief provides grants in overseas locations to assist with financial aid for spouses to pursue undergraduate, vocational or technical training, high school completion, and English-as-a-Second-Language studies.

— A DoD Reserve Component family member ID card was established.

— A vehicle can be stored at government expense when a Soldier is reassigned to an area where shipment is not authorized.

— Temporary lodging expense was authorized for first-term enlisted personnel as well as first-term officers.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

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Fort Jackson, South Carolina 29207

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For the record

In the article "Guest speaker emphasizes King's call to service" on Page 1 of the Jan. 22 Leader, Thelma K. Gibson was identified incorrectly.

Black History event marks milestone



Photos by Mike A. Glasch

Children from the Ayoluwa African Dance Theatre entertain the crowd Wednesday at Fort Jackson's Black History luncheon.



At left, the Rev. Willie Lawson, says there's work ahead. "We may not have come here on the same ship, but we're certainly all in the same boat." At right, performers from Dent Middle School's Blue Diamond Steel Pans Drum Ensemble entertain the crowd.



Mike A. Glasch
Leader Staff

"The journey is not yet over."

That was the message from the guest speaker at Wednesday's Black History Month luncheon at the MG Robert B. Solomon Center.

"Now that we have our first black President, as African Americans we cannot afford to become too complacent, for the journey is not over; it has just begun, and there is still a lot of work within our community that requires attention and action, if we are to enjoy the freedoms of this great democracy," the Rev. Willie Lawson told the packed gym.

Lawson, a retired Soldier, and currently the pastor for a church in the Washington area, was present to witness the swearing in of our 44th president.

He said it shows that the playing field is closer to being level for African-Americans today.

"America has changed. The fact of the matter is that Barack Obama is our new president, not simply because African Americans put him into office with their votes alone, but he won the nomination because an overwhelming number of people of other ethnic and racial backgrounds voted for him as well, without whom he would not be in the Oval Office today," Lawson said.

The South Carolina native also stressed that this was a time to celebrate the diversity in America, but to use that diversity to unite.

"We may not have all come here on the same ship, but we are most certainly all in the same boat," he said. "We need to work together as one nation, accepting our diversity, and focus on where we need to go."

While the majority of Lawson's remarks focused on the present and future, both he and Col. Brian Reinwald, commander, 165th Infantry Brigade (host for the event), urged those present not to forget the past and to remember the contributions all races made to equality.

"This is a time for us to reflect and hopefully learn. In the Armed Forces we take this opportunity to remember the contributions and sacrifices made by selfless African Americans, who did not always serve side-by-side with Soldiers who did not look like them," Reinwald said. "It's time to look to the future with optimism."

"Let us remember that as we observe Black History Month that we are also observing the history of non-blacks who also played a role because they sought to abolish the enslavement of the ancestors of African Americans," Lawson said.

Entertainment was provided by the Dent Middle School Blue Diamond Steel Pans Drum Ensemble as well as the school's chorus.

For the fourth year, the Ayoluwa African Dance Theatre made the trip from Savannah, Ga., to be part of the celebration.

Michael.A.Glasch@us.army.mil

Around Post

Blood drive set

The American Red Cross Blood-mobile will be parked at Building 2600 Lee Road tomorrow from 8:30 a.m. to 1:30 p.m. With supervisor's approval, donors may be eligible to take up to four hours administrative leave after giving blood. Call 360-2036 for more information.

Wedding Vow Renewal

If you are interested in renewing your wedding vows Saturday, 2 p.m. at the Main Post Chapel, call the Family Life chaplain at 751-5780. Couples can register to participate for renewals only, not first-time vows. A professional photographer will be on hand to take pictures and a Valentines Day gala will follow.

FAPAC Awards

Submissions for the Federal Asian Pacific American Council 2009 Military Meritorious Service Award are being accepted until Tuesday. For information on submitting a recommendation, call the Equal Opportunity office at 751-4916 or e-mail janeen.simmons@conus.army.mil.

National Prayer Breakfast

The annual National Prayer Breakfast will take place at the Fort Jackson NCO Club March 3 at 7 a.m. Soldiers can get tickets through their unit ministry teams in battalions and brigades; civilians and contractors can call the Installation Chaplain Office at 751-7318/3121 for tickets. A donation of \$5 is suggested at the door.

New range hours

Because of many requests for extended hours, the Andrew Jackson Rifle Range is now open Saturdays, from 9 a.m. to 1 p.m.

DoD snuffs out smokeless tobacco

Department of Defense

The hard truth about smokeless tobacco is hardly classified intelligence, but sorting out reality versus fantasy takes some maneuvering amid the mountain of information-and misinformation-that abounds.

In observance of the Great American Spit Out, February 19, and Through With Chew Week, Sunday through Feb. 21, the Department of Defense is targeting smokeless tobacco as part of its Quit Tobacco-Make Everyone Proud tobacco cessation campaign.

At the campaign's official Web site, <http://www.youcanquit2.org>, there's accurate and easy-to-digest information that sets the record straight on smokeless-spit, chewing, snuff and — tobacco.

Debunking the myths

Myth: Smokeless tobacco products are a safe alternative to tobacco smoking.

Fact: Here is the bottom line: Smokeless is not harmless. The list of serious illnesses connected to any form of smokeless tobacco is almost too long to print, but includes mouth cancer, cancer of the pancreas, tooth loss, and bone loss around the roots of teeth.

Myth: Smokeless tobacco contains less nicotine than cigarettes.

Fact: The amount of nicotine absorbed from a can of spit tobacco is equal to the amount delivered by three to four packs of cigarettes. Nicotine is absorbed more slowly from smokeless tobacco than from cigarettes, but more nicotine per dose is absorbed from smokeless tobacco than from cigarettes. Also, the nicotine stays in the bloodstream longer.

Myth: Nicotine and all the other poisons disappear when you spit out the tobacco.

Fact: When chewers place snuff or smokeless tobacco in their mouth, cheek, or lip, they give nicotine a free pass to do its nasty thing. A high dose of nicotine enters the bloodstream and is then carried throughout the body. It takes its toll on many parts of the body, including the heart and blood vessels, hormones, metabolism, and brain.

Myth: A little dip or chew won't hurt—it's a harmless habit.

Fact: Even a little smokeless tobacco has enough nicotine in it to get a user



Illustration by Julia Simpkins

Smokeless tobacco are not a safe alternative to cigarettes. DoD is observing the Great American Spit Out and Through With Chew Week in an effort to curb dipping.

hooked, if he or she keeps using it. Smokeless tobacco contains nicotine, the same drug that makes cigarettes addictive.

Holding an average size dip or chew in the mouth for 30 minutes delivers as much nicotine as about three cigarettes. Some smokeless tobacco users sleep with it in their mouths so they keep getting nicotine through the night. That's an addiction, not a habit.

Myth: Smokeless tobacco use will improve your social and romantic life.

Fact: Just the opposite! Chewing and dipping carry a heavy social price, especially when it comes to dating. Bad breath, ugly gum disease, and stained teeth are universally unappealing. The bulging cheeks, gunk stuck in the mouth, and spitting required by most smokeless tobacco is hardly date-bait. Surgery for oral cancer can result in removal of parts of the face, tongue, cheek or lip, a difficult scenario for a great love connection.

Myth: Americans are getting the message that smokeless does not equal harmless.

Fact: If grades were given for this sort of thing, the Nation's spit tobacco grade would be a barely passing grade of "D." Rates of spit tobacco use by high school males are high. Nationally, about one in seven high school males currently use spit or smokeless tobacco products, and in

some states that number is one out of four.

For the total DoD male population, the rate of smokeless tobacco use is 21.6 percent, significantly exceeding the rate in the general population.

Myth: If you spit for five years or less you won't get cancer or heart disease.

Fact: Research reported at the Mayo Clinic and other well-respected organizations indicates that any amount of smokeless tobacco use is dangerous, regardless of whether it's used for a few years or a decade. Smokeless tobacco users have a greater risk for oral cancer than non-users. Oral cancer can form in as little as five years of regular use.

Myth: Smokeless tobacco is easy to give up. You can quit any time you want.

Fact: Smokeless tobacco contains nicotine. It's as addictive as a cigarette, and users will experience the same withdrawal symptoms. These are usually strongest the first week after quitting. The worst is over after two weeks.

Help is available for those who are ready to give up smokeless tobacco.

The DoD has an innovative array of high-tech tools and personalized resources to assist enlisted personnel get tobacco-free at <http://www.youcanquit2.org>. Live Help in real time with trained tobacco Cessation Coaches is available every day, from 8:30 a.m. to 10 p.m.

Customer Service Corner

A Community FIRST focus group was held for Soldiers (active duty, National Guard and Reserve) on Jan. 27. The 12 focus group delegates discussed issues affecting the quality of life of all Soldiers throughout the community. The following issues were surfaced by the delegates and out-briefed to the deputy garrison commander:

- Issue:** Alternate locations on Family Day.
- Scope:** Facilities across the installation are overwhelmed by the number of participants on Family Day. These facilities are not only losing money because they are unable to meet the needs of patrons, customer service standards are also not being met. The congestion negatively affects the entire community — permanent party Soldiers, graduating Soldiers and visiting family members.
- Recommendation:** Provide more activities and facilities for graduating Soldiers and their families on Family Day. Upgrade the Hilton Field area to provide a bazaar with vendors and activities.

- Issue:** Disrepair of installation roads.
- Scope:** The roads on the installation are in serious disrepair. Uneven roads and potholes cause injuries to Soldiers and damage to vehicles. Injured Soldiers and damaged vehicles affect the health, welfare and mission readiness of Soldiers and reduce their standard of living.
- Recommendation:** Repave the roads that are in poor condition.

- Issue:** Marking of “no parking” zones.
- Scope:** Not all “no parking” zones on the installation are clearly marked. This is particularly true near fire hydrants. Unmarked zones lead to a safety hazard and lives are at risk when safety vehicles are unable to reach destinations in a timely manner. Marking will deter illegal parking and may reduce the amount of contested tickets.
- Recommendation:** Mark “no parking” zones throughout the installation and publicize applicable parking policies.

- Issue:** Stronger punishment for cell-phone use.
- Scope:** Cell-phone use while driving creates a hazardous environment for everyone who lives, works and recreates on the installation. There is currently no fine for cell-phone use. Offenders receive a DD Form 1408 (commander’s action ticket). Receiving this “slap on the hand” instead of a fine could encourage repeat offenders.
- Recommendation:** Implement a fine for violators of the cell-phone ban and advertise the policy throughout the installation.

Other issues proposed by the delegates include: Improving the condition of installation dining facilities; improving the DPW work-order process — timely scheduling and follow up; extending hours at the gyms; improving the hospital dining facility; adjusting the grade-level breakdown at the elementary schools; increasing activities for

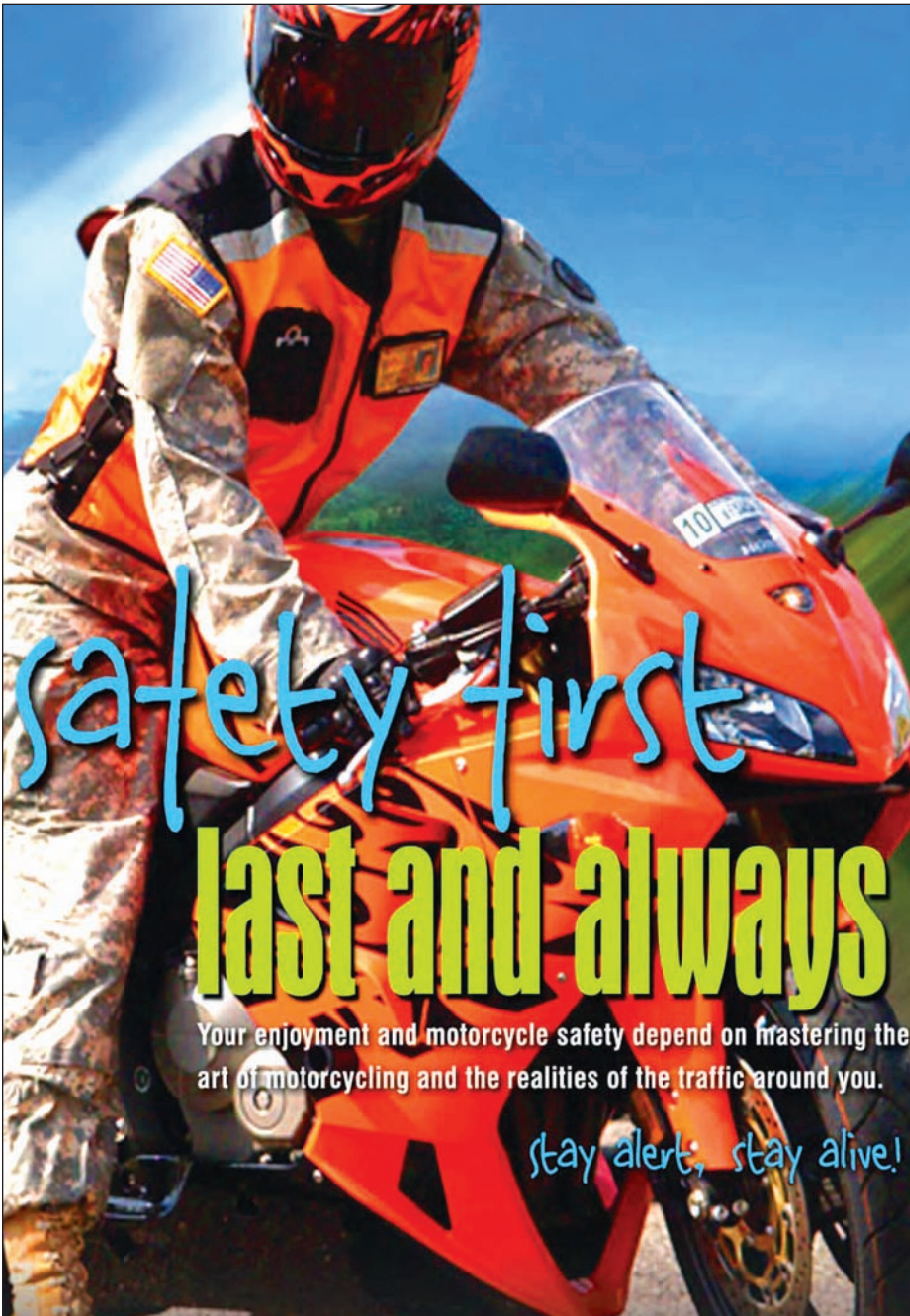
single Soldiers; and reviewing the BAH policy for privatized housing.

All 11 issues have been submitted to the directorate or organization responsible for their resolution. The issues that are not completed this month will be addressed at the next Installation Action Council meeting, scheduled for 1-3 p.m., Feb. 23 in the Post Conference Room. The entire Fort Jackson community is encouraged to attend this meeting to discuss and vote on these issues.

A complete list of Community FIRST/AFAP issues and their status can be found on the Customer Management Services Web site at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST/AFAP logo. Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE APPRECIATION

The Garrison congratulates the Directorate of Human Resources, specifically the Army Career Alumni Program and the Army Continuing Education System. They have achieved a 4.95 and a 4.89 percent rating, respectively, in employee/staff attitude of a possible 5.0 throughout a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work!



A tip of the campaign hat to this week’s ...
**Drill Sergeants
of the Cycle**
from the ‘Rock Force’ Battalion



**Staff Sgt.
Nathan Buesking**
Company A,
3rd Battalion,
34th Infantry
Regiment



**Staff Sgt.
Michael Reel**
Company D,
3rd Battalion,
34th Infantry
Regiment



**Staff Sgt.
Mario Arce**
Company B,
3rd Battalion,
34th Infantry
Regiment



**Staff Sgt.
David Schomaker**
Company E,
3rd Battalion,
34th Infantry
Regiment



**Staff Sgt.
Karen Trimmer**
Company C,
3rd Battalion,
34th Infantry
Regiment



**Staff Sgt.
Michael Falco**
Company F,
3rd Battalion,
34th Infantry
Regiment



Photo by Steven Hoover, U.S. Army Chaplain Center and School

Gen. Martin Dempsey, TRADOC commanding general, discusses training with Chaplain (Col.) Samuel Boone, commandant of the U.S. Army Chaplain Center and School, during a visit of the school Friday.

GWOT (continued from Page 1)

population,” he said.

With the Global War on Terror likely to continue for several more years, TRADOC is also looking at additional training during Basic Combat Training to help Soldiers deal with the stress of deployments.

Suicides in the Army have increased each year since 2004. There were 128 suicides last year in the active Army, with an-

other 15 cases still pending a determination, according to data compiled by Army human resources officials. This was up from 115 suicides in 2007.

“I think that we need to take a look at a comprehensive fitness program, which we already are, that right from the beginning of a young man’s or woman’s experience in the Army we begin building coping skills

before the stress comes,” Dempsey said. “What we are trying to do is identify skills that we can give our Soldiers — intellectual, physical, spiritual — to build those skills into someone from the time they raise their hand, so that when stress hits, they are armed to deal with it.”

Michael.A.Glasch@us.army.mil

New credit card rules to help consumers

John R. Little III, CFP
Financial Planner

A new federal regulation will provide consumers long-overdue relief from unfair and deceptive practices by credit card issuers.

The regulation, scheduled to take effect July 1, 2010, will protect cardholders from several common practices that have plagued consumers for years.

When the regulation is enforced, banks will be required to provide a reasonable amount of time for people to make payments. Currently, banks can send out a statement days before a payment is due. Under the new rule, statements will be required to be sent out at least 21 days before the billing due date.

Banks will no longer be able to increase an account holder’s interest rate except under the following conditions: When the rate given at the account’s opening expires after a certain time period, such as the low introductory rates; on a variable-rate card, when the rate varies based on an underlying index; after the first year on new transactions and after a 45-day notice to the cardholder; and, when the rate can go up if the minimum payment is received more than 30 days after it is due.

Two-cycle billing will be prohibited. Two-cycle billing occurs

when a customer pays his or her entire balance off one month, but does not follow the same payment pattern the next month. Interest charges for the second month are calculated by the bank using days in the current month and some of the days in the previous month.



Credit cards may charge different interest rates for purchases, balance transfers and cash advances. Under the old rules, if a customer paid more than the minimum payment, the bank could allocate the extra money to pay down the balance with the lowest interest rate.

Under the new rules, the bank will have to allocate the money to pay down the balance with the highest interest rate first, or divide it pro-rata among all of the balances.

While these reforms will help, the best defense against high interest rates and fees is to use credit cards responsibly. Studies have shown that shoppers spend more when using credit cards than when paying cash.

If you must use your credit card, pay off the balance each month. If you are having problems making the minimum payment or your card balance is at or near the limit, an Army Community Services financial counselor can help you get back on track.

For more information on credit or to schedule an appointment to meet with a financial counselor, contact ACS at 751-5256 or send an e-mail to *Madelyn.Mercado@us.army.mil*.

Leadership program to link current, past leaders

Daniel Terrill
Leader Staff

Fort Jackson will launch its quarterly Leadership and Training Guest Speaker Program Wednesday, 3 to 5 p.m. at the NCO Club.

The program is designed to help the post’s leaders retain knowledge and avoid attrition, said Maj. Ted Hart, deputy installation strategic planner.

He added that a lot of brain power exits in the Army and the leadership lectures allow former leaders to share their knowledge with current leaders.

The guest speaker for each meeting will be a recently retired three- or four-star general, Hart said.

Leadership principles are timeless and develop with experience. The program is meant to provide junior and senior leaders an opportunity to learn and interact with Army icons, Hart said.

“We have to take advantage of the uniqueness of the Army...”

Maj. Ted Hart
Deputy
Strategic Planner

“We have to take advantage of the uniqueness of the Army by pulling on those who have gone before us and have a myriad of leadership experience,” Hart said.

The first guest speaker is retired Lt. Gen. William Bolt, a former Fort Jackson commanding general and deputy commanding general for Initial Entry Training.

At Wednesday’s lecture, Bolt will give his presentation and then take questions in an open forum. In addition, participants will get the chance to meet Bolt after the event.

By making the source of the information accessible, the program will help junior and senior leaders capture knowledge, share it and make it actionable, Hart said.

Hart describes the program as “sitting at the feet of an old uncle who can give you some pearls of wisdom. It’s better than reading a book.”

The event is open to unit leaders and DA civilians in grades GS-12 and above.

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FEATURE

Rain or shine, the guards don't whine

Crystal Lewis Brown
Leader Staff

On days he has to work, Derek Miller wakes up at 3:30 a.m. Depending on the weather, he may put extra layers underneath his regulation light blue dress shirt and dark blue slacks — both of which look freshly pressed.

By 4:30 a.m., he is being issued his orders for the day, along with the standard 9 mm handgun he and his colleagues carry. And by 5 a.m., he has already relieved his predecessor and is waiting with a smile to greet his first visitor with a hearty, "Welcome to Fort Jackson, victory starts here!"

Miller is one of approximately 70 Wackenhut security guards contracted to protect Fort Jackson's gates.

Chief Vicky LaPointe, who is in charge of Fort Jackson's Wackenhut staff, said the contract guards work with DA civilian officers and military police to keep the post safe.

"Contract security guards are actually the first line of defense for Fort Jackson, so they're really an integral part of the security here," said LaPointe, an Air Force retiree who has worked on Fort Jackson for five years.

The guards are responsible for observing and reporting incidents, and if necessary, can detain visitors. If an incident occurs, they then turn the matter over to DA or military police officers.

The guards work one of three shifts: day shift, swing shift and night shift. And though they work the same shift each day, they avoid monotony by rotating which gates they work. They work a schedule of four days on and three days off. Miller works the day shift.

The Baton Rouge, La. native, who served four years in the Marines and eight years in the Army, has worked for Wackenhut for a little more than a year. After leaving the military, he decided to move to Columbia. A job in security, he thought, would suit him well.

"I always wanted to do it," he said. "I just thought with my prior experience, it was something I would be good at."

So far, he said, he enjoys it. Much of his work involves helping those who are first-time visitors to the post.

"On graduation days and family days, a lot of people don't know where they're going," he said. "This is their first experience on a military installation."

Miller and his colleagues know it is important to remain upbeat in order to provide the best first impression to the fort's visitors. For Miller, his relationship with his co-workers is a key aspect of that.

"A lot of it is working with other good officers," he said. "We build a lot of friendships around here. We basically lean on each other, so we keep each other upbeat."

Another way the guards stay positive?

"Coffee, lots of coffee," Miller said, laughing.

Fellow security guard Pamela Thompson agrees that it is important to exhibit a positive and pleasant demeanor, regardless of how the day has gone.

"There are times when you don't feel like being both-



Photo by Crystal Lewis Brown

Derek Miller, Wackenhut security guard, checks a driver's ID card at Gate 2. He is one of 70 guards contracted to provide protection at Fort Jackson's gates.

ered, but I know that they're depending on me, and that's enough for me," she said. "The public doesn't need to see a person who seems like (he or she) doesn't want to be here."

Thompson flashes a bright smile to those who come through her line, greeting them as though speaking to an old friend. Though each exchange may last only a minute or less, she is diligent in asking the drivers how they are doing.

Like Miller, Thompson has also worked at Fort Jackson for a year, but has worked in security since 2004. Thompson works the swing-shift, which means her day starts after noon. She enjoys the constant stream of cars and pedestrians that come through Fort Jackson's gates each day, and for her, the busier, the better.

"As long as I'm doing something, I'm good," she said.

She added, "My favorite part of the job is getting to meet very different people," she said. "I enjoy meeting different people in different walks of life."

Sometimes, Thompson said, she and her colleagues have to play the bad guy. Attempting to enter post without proper identification, updated insurance, an overly

full vehicle or without proper safety restraints are all reasons the guards might use to detain a vehicle until other officers arrive.

But visitors have to remember that the guards are only doing their jobs, she said.

"It's not just a Fort Jackson law, those are the laws of South Carolina (and) we have a hand in enforcing those laws," she said. "It's not that we're being mean, we're just trying to keep everyone safe. We really care about the people coming through here."

Thompson and Miller both said they enjoy their jobs, with one caveat: the weather. But they are provided uniforms and accessories to take them through heat, cold and rain. The company also provides outside heaters to keep them warm, and they are allowed several breaks throughout a shift to escape the elements. Even so, the unpredictability of Columbia's weather can be jarring.

"It will be sunny today at Gate 5, then it will be freezing the next day," Miller said. "But we have to give access to the gates. We let the good guys in and keep the bad guys out."

Crystal.Y.Brown@us.army.mil

YEAR OF THE NCO



The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

NCO spotlight on ...

Rank, name

Staff Sgt. Quenton Furman

Unit

Company C, 2nd Battalion, 39th Infantry Regiment

Job title / Military Occupational Specialty

Drill sergeant / 11B Infantryman

Years in service

12 years

Marital status

Married for 10 years with three children

Highest education

High school

Hobbies

Xbox 360, flag football, playing war games like Rainbow Six.

• • •

In the 12 years Staff Sgt. Furman has served, he has been deployed to Saudi Arabia, Kosovo, Iraq and Afghanistan. He has been stationed at Fort Campbell, Ky., Fort Drum, N.Y., and here.

He said his most memorable experience in the Army was deploying and bringing all his Soldiers back safely.

His grandfather motivated him to join the Army.

“He did 25 years and I saw that as a great role model. I didn’t grow up with my dad, I grew up with him.”

Early in his career, Furman aspired to be like his first squad leader because he managed his Soldiers well.



Photo by Daniel Terrill

Staff Sgt. Quenton Furman has been deployed four times to four different countries in his 12-year career.

“He knew when it was time to have fun and mellow out and when to get down to business. We actually listened. He didn’t make it hard.”

Furman said after he retires from the Army, he wants to work in law enforcement, possibly with the FBI, or join a SWAT team.

His advice for junior enlisted Soldiers is: “Do your best and stay on your toes because this is real. Once you deploy, you realize how life is valuable. on’t take life for granted.”

We salute you!

DHR

EAP offers help to workforce

What is the Fort Jackson Employee Assistance Program?

The EAP is a worksite-based program designed to help with personal problems that impair work performance. The EAP is an integral part of the Army Substance Abuse Program.

EAP offers assessments, short-term counseling and referral services. Sometimes people experience personal challenges in which the intensity of their emotions may be more than they can handle. Seeking services from the EAP is a healthy sign.

Who is authorized to receive EAP services?

Populations serviced are DA civilians and their family members, retirees and their family and family members of active-duty military personnel. Not only is the service confidential, but it is also free.

If you're a civilian employee, your supervisor may recommend you meet with the EAP coordinator if personal problems are affecting your work performance.

What should I expect when I make an appointment with the EAP?

People with appointments should report to 3250 Sumter Avenue and meet with Sandra Barnes, Fort Jackson's EAP counselor.

Typically, during the first appointment, she will ask about the situation that brought you there and how you are coping at work, at home and with others.

Once she understands the concerns, she will provide feedback, information and recommendations;



Photo by Susanne Kappler

Sandra Barnes, Employee Assistance Program counselor, talks to a client in her office recently. The conversations are confidential.

and she will work with you to develop a plan for resolving your issues and concerns.

What assessments does the EAP offer?

The EAP offers assessment and referrals for, but not limited to: drug and alcohol abuse, family and marital issues, health and wellness and high stress levels.

How long will I be involved with EAP?

Clients are only involved as long as needed. Services include follow up, case closure and evaluations of the services.

If you are a supervisory referral and accept EAP assistance, you will be involved with the EAP until the problem is resolved.

What is a supervisory referral?

Sometimes supervisors recommend that employees speak with the EAP counselor because they are having problems in the workplace. At the first meeting, information will be gathered to gain an understanding of the problems leading to the supervisory referral.

Employees will be asked to sign a release of information that allows the counselor to speak with the supervisor to ensure you have followed through with the referral. She will not share any more information about the employee unless he or she gives consent.

Editor's note: The EAP is open weekdays 8 a.m. to 4 p.m. For more information about the program or to set up an appointment, call 751-5007.

Army starts AVOTEC

Directorate of Human Resources

The Army has been selected by Congress to participate in an education pilot program designed to provide additional ways to expand education opportunities.

A Fort Jackson Soldier assigned to the Warrior in Transition Unit was the first Soldier Army-wide to be enrolled in the AVOTEC program.

Soldiers, officers and wounded warriors serving on active duty, including National Guard and Reserve Soldiers on extended active duty, may acquire technical, vocational or advanced training and re-training.

This short-term pilot program is intended to provide training in high-demand career fields to help Soldiers find jobs after they transition from the Army.

Army Education is working with technical and community colleges throughout the country to build on existing programs and develop new pilot retraining in career occupations, such as rehabilitation, nursing, medical technology and other health-care occupations.

The AVOTEC Web site launched last month. Army education centers and Soldier family-assistance centers have begun helping Soldiers with enrollment since the beginning of February.

For additional information, contact the Army Continuing Education System at 751-6071/4714/9878. The Soldier and Family Assistance Center will present AVOTEC briefings on the first and third Thursday of the month. For more information, call 751-1169. The Web site for AVOTEC is: https://www.hrc.army.mil/site/education/VOTEC_Program.html.

ASAP Calendar of Events

A *Unit Prevention Leader* class is set from 7:30 a.m. to 4:30 p.m., Feb. 25-27 at 3250 Sumter Ave. It is required training for newly-assigned UPLs and includes topics like drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited, so get request forms in early.

For questions about classes offered or about substance abuse, call 751-5007.

CHALKBOARD

Program brings students, Soldiers together

Ruth Russell

School Liaison Officer

Each week students at Burnside Elementary School in Columbia cannot wait for Thursdays and Fridays. On those days, about 15 Soldiers from 1st Battalion, 13th Infantry Regiment come to the school to work with the students as part of the Adopt-A-School program.

Soldiers read with students and spend time talking about problems they may have in school. They join the kids at lunch and even participate in physical education and recess. These dedicated Soldiers have participated in Red Ribbon Week, encouraging students to say no to drugs, and provided presentations for Veteran's Day and Martin Luther King Jr. Day.

"This program has not only benefitted the students academically, but personally as well," Burnside Volunteer Liaison Alexandra Renwick said. She said the students have improved in their reading and their behavior since

the Soldiers started visiting them.

"The Soldiers talk with the students about how they should act in school and remind them to respect adults. They also emphasize the importance of getting a good education. The kids absolutely love these wonderful men and women who have chosen to give some of their (very busy) time to come and spend with our students," Renwick said.

Burnside students eagerly look forward to time with their mentors. "When the kids do see them walking down the hall or come into their classrooms, they jump up and hug them," Renwick said.

Command Sgt. Maj. Dunkelberger marveled at how time at the school improves morale among his Soldiers. "The Soldiers always come back talking about what the kids said or did during their visit," he said.

Recently nearly 70 Burnside students were invited to visit their Army mentors on Fort Jackson. Students en-

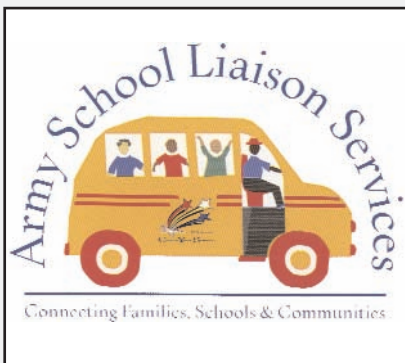
joyed bowling at Century Lanes. They even had lunch at the 1-13th dining facility.

"I'll tell you one thing, this sure is better than school lunches," said one student.

Adopt-A-School activities are conducted to increase public awareness of the Army's mission and to foster good relations with the local communities. Adopt-A-School is an initiative of Partnerships in Education.

The mission of the Adopt-A-School program is to routinely contribute military resources and services to schools in order to nurture the intellectual, emotional, social, and physical growth of children in the greater Fort Jackson area. Through interaction with positive role models, the Adopt-A-School program helps to ensure that children succeed and live their dreams.

Units interested in participating in the Adopt-A-School program should contact the School Liaison Officer at 751-6150.



Fort Jackson Schools

— **Monday:** Schools closed for Presidents' Day.

— **Tuesday:** Stevie B's fundraiser, 11 a.m. to 9 p.m.

— **Wednesday:** Interim report cards, grades 2-6.

— **Feb. 19:** School board meeting; C.C. Pinckney Elementary School; 4 p.m. School schedule and hours for next year will be discussed. Parents are welcome.

— **Feb. 20:** Chick Fil-A on Decker Blvd.; 5-8 p.m.

— **Feb. 27:** Is the last day for year-

book orders.

Richland District One

— **Monday:** New student applications due for Carolina School for Inquiry.

— **Monday:** Makeup (snow) day. Applications due for the Montessori programs.

— **Feb. 24:** School board meeting at A.C. Moore Elementary School; 7 p.m. Parents are welcome.

— **Feb. 25:** Delayed start for high school.

Richland District Two

— **Monday:** Schools closed for Presidents' Day.

— **Feb. 24:** School board meeting at Kelly Middle School; 7 p.m. Parents are welcome.

Fort Jackson Homeschoolers

A **get-together** for home-schooled students is planned for 11 a.m., Tuesdays for various activities. For more information, call 419-0760.

SKIES

SAT Prep classes have begun. Register at CYSS Central Enrollment Office. For more information, call 751-6777.

Announcements

Partnerships in Education is revising the **local action plan**, which serves as a guide for schools in helping new students. Parents of middle and high-school students who want to provide input may do so Feb. 17 at the Officers' Club. Parents of students of all grades may provide input March 24 at the Officers' Club. For more information, call 751-6150.

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time. High performing units will earn awards quarterly. For more information, e-mail Ruth.C.Russell@us.army.mil or Keisha.Mccoy-Wilson@us.army.mil.

The **Operation Graduation** program is looking for high-school seniors who will have one parent deployed during their graduation ceremony and would like to arrange a live webcast for the deployed parent. For more information, call 751-6150.

Scholarships

Scholarships for Military Children, www.militaryscholar.org, applications due Wednesday.

Major General James Ursano Scholarship Fund for Dependent Children, www.aerhq.org, applications due March 1.

Bernard Brown Space Camp Scholarship for students in sixth through ninth grades, www.militarychild.org/spacecamp.asp, applications due March 10.

Editor's Note: For more information on Army School Liaison Services, call 751-6150 or e-mail Ruth.C.Russell@us.army.mil or Keisha.Mccoy-Wilson@us.army.mil.



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FOCUS ON FAMILIES

Spouse: Welcome to my reality column

Crystal Lewis Brown
Leader Staff

When I married my husband almost four years ago, I did not realize that I was marrying more than one man. As the future spouse of a Soldier, I was marrying into an institution.

Our first duty station was Schweinfurt, Germany, and like many other military spouses, I found myself as a newlywed in a place where the only person I knew was my husband. Some customs seemed strange to me at first, but little by little, I began to become acclimated to the life of

an "Army spouse."

Whether we are stay-at-home parents or work outside the home, our full-time job is supporting our Soldier. And it's not always easy.

Dealing with field exercises, deployments and long hours isn't a job for the faint of heart. Not to mention the weeks of playing both mommy and daddy, and having to explain to our sons and



Crystal Lewis Brown

daughters why everyone can't be together for birthdays and holidays.

Despite the hard times, being married to a Soldier has opened up a world to me I would have never otherwise had the chance to encounter.

After only three years of marriage, I have lived in Germany, Oklahoma and now Columbia. I have sipped *Limoncello* in Italy and *Ouzo* in Greece. In Oklahoma, I've seen buffalo roam the grassy plains, and walked through the former home of a Comanche chief. Every duty station is an adventure, and each day brings with it a

new experience.

In this space, twice a month, I will share these experiences with you. Sometimes they will be serious, sometimes funny, but they will always be genuine. I hope my musings are something that will resonate throughout the Fort Jackson community, and strike an accord with those who are traveling a similar journey.

And as we travel this journey together, I am hopeful that I can entertain and educate you, and I am sure you will do the same for me.

Crystal.Y.Brown@us.army.mil



Color cupid for Valentine's Day.



♥ Valentine's Day Word Find ♥

Z	C	A	N	D	Y	B	G	E	B	Q	W	E	R	H
R	A	B	G	W	M	W	D	G	W	E	M	J	L	J
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G	V	T	T	J	D	I	V	H	Q	P	O	K	V	T
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B	O	W	Y	H	S	D	S	O	F	R	I	E	N	D
J	L	R	J	E	A	J	N	B	A	V	P	I	R	E
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Valentine
Cupid
Candy
Red

Flowers
Card
Love
Heart

Hug
Chocolate
Friend
Bow

Arrow



New DVD helps spouses find their way around Army

Patrick Buffett
Army News Service

FORT MONROE, Va. — If the transition to Army life is challenging for a new recruit, imagine what it's like for the young military spouse who dives into that world without the benefit of initial entry training or easy access to a cadre of subject matter experts.

Frequently, the fledgling family member's first experience with the military is arrival at the initial duty station and the start of a crash course in Army acronyms, pay procedures, housing regulations, support agencies and so forth.

"Now imagine what it's like for them when their Soldiers deploy just months after initial entry training, which is typical these days," noted Jean Mills, Soldier and Fam-

ily Program Manager for U.S. Army Accessions Command at Fort Monroe. "It means our new spouses are facing more challenges than ever before, and we need to do everything we can to arm them with information that makes that transition easier."

Enter the New Spouse Orientation DVD that was scheduled for release in January. It includes an overview of administrative, family and community support programs provided by the Army and listings of available resources that are accessible via the internet. Copies will be distributed by Army recruiting offices and ROTC battalions across the nation.

"The DVD complements a booklet titled 'Welcome to the Army Family' that our recruiters have been handing out for the past year," said Mills. "The DVD is 35 min-

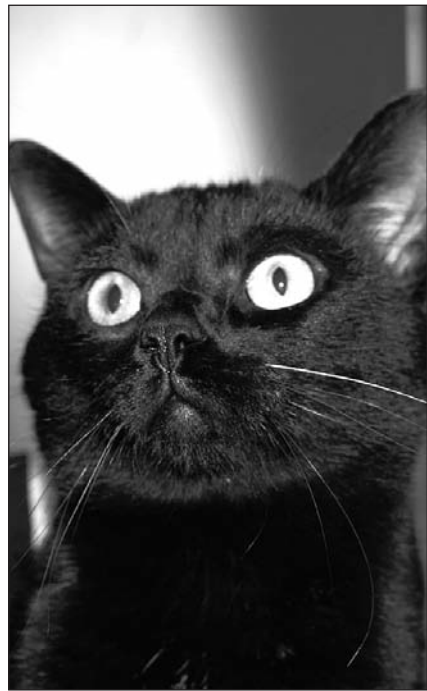
utes in length, and it incorporates state-of-the-art features that will appeal to today's Internet generation. For instance, the information is divided into subject matter areas - like Army Community Services, education and Child, Youth and School Services - so the spouse or family member can pick and choose the topics that are of interest to them."

Other subjects addressed in the video include TRI-CARE, housing, legal services, Army Emergency Relief, the Exceptional Family Member Program and more.

While the information won't make the viewer a subject matter expert in any particular area of Army life, the USAAC team is hoping it will increase the "comfort factor" to a point where the family member never feels abandoned or isolated from the military community.

COMMUNITY HIGHLIGHTS

Looking for a home



Photos by Susanne Kappler and Daniel Terrill

This 4-year-old black male cat and 10-month-old mixed-breed female need homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

11 a.m. to 3 p.m. at Oyster Point, adjacent to the Officer's Club. Teams must register by Feb. 27.

For information, call Theresa O'Hagan at 751-6990 or call the Officer's Club at 782-8761.

Physical security class

A consolidated physical security class will be held 9-11:30 a.m., March 4 at the 1st Battalion, 34th Infantry Regiment's Neiman classroom, in the main headquarters building. The class will include key control, crime prevention and weapons awareness.

For more information, call 751-6019/2550/2006 or 7076.

Employment Readiness

Army Community Services will host Employment Readiness Program Orientation March 4 and 18 from 8:30 a.m. to noon at the Strom Thurmond Building, Room 222. Participants must register to attend. For more information or to register, call 751-5452.

Balfour Beatty activities

The Balfour Beatty Communities LifeWorks Program has several activities planned for Fort Jackson housing residents. All activities start or take place at the Balfour Beatty office at 5939 Thomas Court.

— A Spa Day for Moms is set for tomorrow at the Balfour Beatty community office.

There will be facials, massages and other free services. Only the first 25 registrants will be able to participate. To register, call Courtney Williams at 738-8275.

— Balfour Beatty will host a chili cook-off Feb. 26 at the community office.

The first place winner will receive a prize package worth \$100.

For information about Balfour Beatty events, call 738-8275.

Federal employment

The Steps to Federal Employment workshop will be held 8:30-11:30 a.m. March 25 at the Strom Thurmond Building, Room 222. Participants must register to attend. For information or to register, call 751-5452.

Entertainers wanted

Recruitment is under way for U.S.A. Express, the Army Entertainment Division's deployable musical performance group. For information and qualifications, logon to www.armymwr.com/portal/recreation/entertainment/usaexpress/.

Announcements

Fort Jackson Thrift Shop

The Fort Jackson Thrift Shop will no longer hold its 10 cent blowout sale. The shop will still be open the first Saturday of each month, and there will still be sales.

WorkKeys

ACS Employment Readiness is offering free WorkKeys preparation classes and assessments. The classes are March 3 from 9 a.m. to noon, March 10, 17, and 24 from 9 a.m. to 1 p.m. and April 2, from 9 a.m. to 12:30 p.m.

In order to get a career-readiness certification, one must attend all sessions. WorkKeys is a portable credential that easily moves to employment opportunities across the nation.

The class is open to all active duty Soldiers, retirees and family members.

Combined Federal Campaign



Courtesy photo

The 2008 Combined Federal Campaign team, above, received the Commanding General's Coin of Excellence for their work with the military and civilian communities. From left, Spc. Joseph Wisniewski, Sgt. Jason Bergener, Sgt. 1st Class Sandra Clemmons, Brig. Gen. Bradley May, Hilda Salters, Spc. Dejourni Garrett and Sgt. 1st Class Maurice Sellers. Staff Sgt. Hugo Villafuerte, not shown, is also a member of the CFC team. The Midlands Area CFC raised nearly \$1.5 million in donations.

COMMUNITY HIGHLIGHTS

Registration is mandatory for all who want to attend. Call 751-4862 to register.

Financial readiness training

Self-paced computer-based financial readiness training is available to all registrants via the Lifelong e-Learning Center. Go to www.myarmylifetoo.com to take the course.

To speak to a financial readiness caseworker, call 751-5256.

New Safety center Web site

The U.S. Army Combat Readiness/Safety Center has launched a new Web site, which can be found at <https://safety.army.mil>.

Financial planning help

Army Community Service has three certified financial planners available from 8 a.m. to 5 p.m., Monday through Friday to help Soldiers, retirees and family members with free and confidential advice.

To make an appointment, call 751-5256.

Early hours for Car Care Center

The Fort Jackson Car Care Center will open at 7 a.m., instead of 8 a.m., for a 120-day trial period to help customers.

FMWR key fobs

Family and Morale, Welfare and Recreation is offering key fobs for patrons of FMWR exercise facilities for easier access.

Soul Line dancing

A new Soul Line dancing session is under way. The cost is \$4 per class or \$20 per month for a membership, which includes access to all aerobic classes.

Dance classes are offered Tuesdays and Fridays. For more information or to register, call 751-4893/5317.

DOVE Connection

A DOVE Connection lunch and learn empowering women is set from noon to 1 p.m., the third Tuesday of each month at 5615 Hood St., Room 10.

For more information or to register, call 751-6303.

Housing area traffic changes

Demolition and construction is currently taking place. Roads will be closed and redirected. Changes include:

Howie Village — Furman Smith Road at McLeod Court has been changed to two-way traffic.

On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

Pierce Terrace 2 — Owens Road between Mills and Willett roads is closed, including Wells and Yarbrough courts. Pedestrian and vehicular traffic is available off Willett and Chesnut roads.

Pierce Terrace 6 — Mills Road from

Brown Avenue to Imboden Street is closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street is open to pedestrians and motorists.

Bradley Court and Building 5790 — This area is fenced off. Brown Avenue is open to pedestrians and motorists.

Family Child Care Web site

The Family Child Care Web site, www.armyfcc.com, offers installation program information about FCC for the general public. Interested parents may visit CYSS Central Enrollment or the FCC office to request a password to view FCC provider profiles.

EO Training Web site

The Equal Opportunity Training Proponent has launched EO Net. EO Net provides one-stop shopping for EO information and training material.

The site is available for anyone with a valid AKO account.

For more information, visit <https://www.us.army.mil/suite/page/463396>

Motorcycle safety training

To operate a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Military OneSource

The Military OneSource call center is open around the clock for military personnel and family members. Call (800) 342-9647 or visit www.militaryOneSource.com.

\$2K referral bonus offered

Soldiers, U.S. Military Academy cadets, ROTC contracted cadets, members of the Future Soldier Training Program, Army retirees and Department of the Army civilians can earn \$2,000 for referring their acquaintances to Army and Army Reserve recruiters.

For more information, visit www.usarec.army.mil/support/bonus_program.htm.

Individual resume class

The Employment Readiness Program is offering Resume Writing for Beginners individual classes. Call 751-5452 for more information.

Post family housing landscaping schedule

Housing residents are reminded of the

For a job well done



Photo by Daniel Terrill

Col. Lillian Dixon, Fort Jackson garrison commander, presents Ron Ross, Fort Jackson Safety office, with the Commander's Award for Civilian Service Tuesday during an awards presentation at the Post Conference Room.

weekly landscaping schedule:

Mondays — Pierce Terrace 1 and 2.
Tuesdays — Pierce Terrace 3 and 4;
Wednesdays — Pierce Terrace 5 and 6.
Thursdays — Howie Village and Pershing area.
Fridays — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

Family Housing refuse collection

Refuse collection is scheduled for regular trash pick up, recyclables and yard debris and bulk trash.

No trash of any kind may be put out before 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Mondays — Pierce Terrace 1,2,3 and 6.
Tuesdays — Pierce Terrace 4,5,7 and Howie Village.
Wednesdays — recyclables and yard debris;
Thursdays — bulk trash.
For more information, call 787-6416.

ChildFind Early Childhood Screenings

Parents who live on post and have con-

cerns about their children's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services.

For more information or to schedule a screening, call 782-1772.

BGC Midlands — Before school and After School Care

Boys and Girls Club of the Midlands, through the Army School Age Programs in Your Neighborhood (ASPN) initiative, offers care for children of Soldiers and authorized civilian employees who have early morning schedules.

This care begins at 5 a.m. at Killian Elementary School. Children will be transported to other schools by bus.

The cost of care is the same as before-school care on post and is based on total family income.

After School Care enrollment is ongoing, and weekly fees range from \$12 to \$34, also based on total family income. Both programs are open to military and civilian employees.

For locations, times or more information, visit www.bgcmidlands.org or call 231-3300 or 751-6150.

HEALTH

Using scales often hampers diet progress

Maj. Thomas Hundley
Moncrief Army Community Hospital

When it comes to losing weight and sticking to a diet, exercise or weight-loss plan, I find that people tend to get sidetracked by the scale.

After two or three days of proper eating, or three days of working out, we run to the scale to measure our progress. We hop on and hope the scale provides the same number we saw during our high school years. Then, we get off the scale and give up because we haven't lost 20 pounds in three days.

We immediately assume that the diet and exercise thing is not working for us, and convince ourselves to



Maj. Thomas Hundley

quit. But let me be the first to tell you, "Don't hate the diet; hate the scale!"

Given the war on obesity that America is waging, we need to view the scale as the enemy. We can't allow the enemy to force us to retreat. We allow the scale to con us into believing that our diet efforts are pointless. The scale tells us that we might as well surrender and go celebrate at a buffet restaurant.

When this happens, we should adopt the attitude of Bobby Boucher's momma from the movie, *The Waterboy*, and say, "Don't listen to the scale because the scale is the devil."

The major teaching points are twofold — Don't abandon your diet and exercise efforts, and don't let the scale determine your success.

What we fail to realize is that our bodies must go

through an initial adjustment phase when we begin our diet and exercise programs. We tend to miss the obvious measures of improvement, such as better-fitting clothes, clearer skin, higher energy levels or people beginning to take notice.

Your goal should be to finish what you started. You cannot win the race if you don't reach the finish line.

From now on, I want you to get rid of your scale. I can't tell you how many people (women in particular) begin to look fabulous, but totally give up on their diets because the scale discouraged them.

Let your mind, your body and your clothes serve as your measuring stick. Those should always serve as your ultimate measure of success.

So, from this day forward, don't hate the diet; hate the scale.

Too late for New Year's resolutions; time for commitment

Dr. Joseph Kelley
TRICARE press release

Six weeks into the New Year is when many Americans find their enthusiasm for resolutions waning.

The U.S. government has a list of the most popular New Year's resolutions at <http://www.usa.gov>. The majority of them deal with healthy lifestyle changes. Check out some of the resolutions and how TRICARE can help:

Lose weight

Overweight or obese beneficiaries should seek a complete health assessment by their TRICARE primary-care manager to decide the right steps for them. Proper testing for diagnosis of obesity should come from a medical provider and may include skin fold thickness measurements, diet evaluations, physical activity, family history and other appropriate health screenings.

Get fit

For adults, the Centers for Disease Control and Prevention recommends a

minimum of 30 minutes of moderate physical activity most days of the week, or a minimum of 20 minutes of vigorous physical activity three days a week. Soldiers, civilian employees and military retirees can use the Family and Morale, Welfare and Recreation centers for a number of services.

From team sports to music, dance, martial arts, gymnastics, swimming lessons, ice skating and more, FMWR centers have something for everyone.

Eat right

Creating a balanced diet and eating plan may sound simple, but because of the high levels of conflicting information and mixed messages, determining appropriate "calories consumed" can be a real challenge.

A beneficiary's TRICARE primary-care manager is an excellent first stop. He or she should be able to provide additional resources and suggestions. Another stop is the food guide pyramid developed by the U.S. Department of Agriculture

(www.mypyramid.gov). This interactive tool can help create an eating plan based on individual needs including, age, sex, height, weight and activity level.

Drink less alcohol

There are many resources available to overcome alcohol abuse. TRICARE coverage includes detoxification, rehabilitation and outpatient care provided in an authorized substance use disorder rehabilitation facility. Talk to your primary-care provider to learn about treatment options.

"That Guy," is an interactive Web site at <http://www.thatguy.com> that raises awareness about alcohol abuse. The campaign targets 18-24 year-old service members and aims to increase social disapproval of excessive drinking by highlighting the embarrassing consequences. Help is also available from Military One-Source, a DoD service available to active-duty members and their families. Visit the Military One Source Web site at <http://www.militaryonesource.com> for more information.

Quit smoking now

Treatment and support are available at facilities and online. Ucanquit2.org is the official Web site of the "Quit Tobacco. Make Everyone Proud." educational campaign sponsored by DoD. Use ucanquit2.org to develop a personalized plan for quitting, to play games, listen to podcasts, connect to online cessation programs and to chat with a trained cessation counselor, seven days a week from 8:30 a.m. to 10 p.m.

Reduce stress overall

All of us experience at least some stress every day. Regular exercise, maintaining your health, using breathing exercises and meditation are all common stress management techniques.

Make a resolution to raise your awareness of all the services, benefits and programs available to TRICARE beneficiaries. It is always a good time to change old habits and to make the healthy choices that can lead to a longer, happier life.

MACH updates

Cataract evaluations

The Moncrief Army Community Hospital Ophthalmology Clinic will be conducting quick cataract evaluations on Feb. 27 for all beneficiary categories, including active duty family members, retiree and retiree family members of all ages.

Contact the clinic directly at 751-5406 to schedule an appointment. One does not need a referral to call for an appointment.

Canceling appointments

A new phone number allows MACH patients to cancel appointments after hours. For after-hours cancellations, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (3723) to cancel an appointment.

TRICARE Prime

The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 10th floor.

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment around the clock at www.tricareonline.com or www.moncrief.amedd.army.mil. For more information, call 751-2752.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed at <http://www.pharmacyonesource.com/fos/default.asp?L=69557&g=1>.

This formulary can be printed and taken to the doctor to make sure that MACH carries a specific medication.

Pharmacies open on Saturdays

On-post pharmacies are open Saturdays for customer convenience. The main hospital pharmacy is open from 7:30 a.m. to noon and the refill pharmacy is open from 9 a.m. to noon. For refills, call toll-free (866) 489-0950; 751-2250; or visit <http://www.moncrief.amedd.army.mil>.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or at 751-CARE (2273), or visit www.moncrief.amedd.army.mil.

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

CYSS hosts Mardi Gras parade, pancake fest

Theresa O'Hagan

Family and Morale, Welfare and Recreation

Family and Morale, Welfare and Recreation and Bal-four Beatty Communities will partner to celebrate Mardi Gras on Feb. 24 and to host Fort Jackson's first Mardi Gras Parade.

The parade will begin at 4 p.m. at the Youth Sports Complex on Chesnut Road and will end at the Officer's Club on Semmes Road, where participants and guests can partake in a pancake fest. This event will be free to the community.

Mardi Gras, Shrove Tuesday, or Carnival is the traditional annual festival held on the final day before Lent — the Christian time of fasting.

Christians around the world engage in a 40-day period of self-denial from indulging in all forms of revelry and feasting. Mardi Gras is the last day of indulging in food, drink and other forms of celebration and fun. Mardi Gras is French for "Fat Tuesday."

"We encourage everyone from the Fort Jackson com-



munity to put on their craziest costume and come out to march in the parade," said Beverly Metcalfe, director, Youth Education and School Services. "Children in specific CYSS programs will be participating, and we en-

courage parents to participate with their child."

There will be prizes for best costumes and several Mardi Gras-themed giveaways. Those who don't want to be in the parade can observe and cheer on the participants.

Parents with children in CYSS programs have several options for participating in the event.

Parents with children in participating CYSS programs may opt to meet their child's group at the Youth Sports Complex or they may pick up their child at the end of the parade route and participate in the pancake fest, which should begin around 4:30 p.m.

"If you cannot make it to either march in the parade or to the pancake fest, your child can be transported back to their program after the event," Metcalfe said. Anyone who plans to participate in the parade will need to be at the Youth Sports Complex by 3:45 p.m., Feb. 24.

Those who normally leave Fort Jackson through Gate 5 between 4 and 5 p.m. might want to plan a different route, or just stay and eat pancakes instead.



Today

Visit the **Officers' Club** for delicious specials or the buffet.

Visit **Century Lanes** for food, fun and bowling.

ing.

Magraders Pub is open for lunch for family members noon to 4 p.m., Thursdays.

Friday

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m.

The club is located in the back of Magraders Pub. The cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians.

The event features live broadcasts from the BIG DM 101.3 with giveaways, 9:30-11 p.m.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club. This Sunday, bring the children for a special children's buffet and craft activities.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for \$7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

The **Spring Sports Spectacular** offers a free skills session in soccer, 5-7 p.m. at the Youth Sports complex.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Visit the Officers' Club for a **Mongolian BBQ Lunch Buffet**, from 11 a.m. to 2 p.m.

Ongoing Offers

• The **Armed Forces Vacation Club** offers resort accommodations for two to six people for less than charged by most hotels.

A full week's stay, without membership, enrollment or annual fees, costs \$329.

While most availability is during off-peak travel seasons, there are a wide variety of great destinations and times available.

For full details and samples of resort availability, call (800) 724-9988 and mention that you are a first time AFVC caller, with installation number 164.

• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

• The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions. The lunch buffet is from 11 a.m. to 2 p.m. Diners need not be Officers Club members or officers. For club membership information, call 782-8761.

• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children ages 4-10 years old.

Other attractions

• **Victory Travel** has discount tickets to Disney World, Riverbanks Zoo, Sea World, Busch Gardens in Tampa, Fla. and Williamsburg, Va., the Biltmore House and Gardens and the South Carolina State Museum.

Other special offers for the following dinner shows and other attractions are:

Myrtle Beach: Dixie Stampede, Country Tonight, Grand Illusions, Grand Ole Opry, Ryman Museum, Rainforest Adventures, Ripley's Aquarium and the Palace Theatre.

Tennessee: Dixie Stampede, Country Tonight, Grand Illusions, Grand Ole

Opry, Ryman Museum, Rainforest Adventures, Ripley's Aquarium, Ripley's Believe It or Not, Ripley's Haunted Adventure, Ripley's Moving Theatre.

Child and Youth Services

Child and Youth services provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve parents during Battle Training Assembly.

Child and youth programming is also available for other parents who need the services at an hourly or daily rate. All users must first be registered with Child and Youth Services. Registration is free to eligible users through Army Family Covenant funding.

All centers are open from 5 a.m. to 6 p.m. Registration is held at the Joe E. Mann Community Center, Bldg. 3392 Magruder Avenue.

Call 751-4865 to schedule an appointment. Youth centers are located on Fort Jackson and are separated by the child's age as follows:

Scales Avenue Child Development Center is for children ages 6 weeks through kindergarten. Call 751-6221/6230.

School Age Services Program is for children in grades 1 through 5. Call 751-1136/6387 for information.

Middle School and Teen Program at the Youth Center for grades 6 through 12. Call 751-3977/6387 for information.

Child Development Homes on Parker Lane for ages 6 weeks through 12 years. Call 751-7169/7170.

FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Case of the Week
A car sustained unspecified damages

when its engine caught fire at Gate 2. The civilian driver was in the process of entering the installation when smoke emitted from the car's engine. Gate personnel shut down the inbound lanes and extinguished the fire.

Tip of the Week
All firearms should be unloaded and placed in a plastic or paper bag and stored in the trunk or rear area of one's vehicle when being transported on Fort Jackson.

When entering the Emergency Services Station to turn a weapon in, make sure it is stored in a gym-type bag.

Upon entering the station, one should inform officers that he or she has a weapon and ask the officers to take it to a storage facility.

FORCE PROTECTION
THOUGHT OF THE WEEK

Individual Protective Measures

- **Safeguard personal information.**
- **Thoroughly discard mail.**
- **Maintain situational awareness.**
- **Vary routines and patterns.**



DO NOT BECOME A VICTIM BY LOCATION OR ASSOCIATION

Updating 911 information

Directorate of Emergency Services
With current technology, phone customers are able to relocate and still keep their original telephone number; if you move out of state or change office buildings, imagine the confusion for dispatchers if your location information is not kept current.
It is important to maintain a current address for your telephone.
The 911 service, depending on the type of phone, uses different methods to determine where to dispatch emergency service personnel.

If your address is not current, emergency crews may be sent to a different location or not be able to get to your location.
Standard phones permanently connected to a location (regular home or business phone) use the associated billing or registered address when initially installed.
For normal, private or residential telephone users, it is up to the customer to ensure their provider has the most current location information of the telephone instrument for 911 assistance.
To update your 911 locator information, contact your phone service provider.

CHAPEL

Is contentment financial or spiritual?

Chaplain (Maj.) Rodie Lamb
U.S. Army Chaplain Center and School

Is it possible to experience financial contentment in this troubled economy? Is it true that we will never be happy unless we have certain possessions? Is our culture promoting the idea of financial contentment, or is the culture encouraging us to spend it all on our selfish desires?

Millions of people have lost their jobs, and they are having a difficult time making ends meet with the struggling economy. Before addressing these questions, let us define the word contentment.

Webster’s New Concise Dictionary defines contentment as “... the state of being satisfied with what one has.” Russell Crosson, the author of “Money and Your Marriage,” defines contentment as “being satisfied with one’s circumstances, not complaining, not craving something else, and having a mind at peace.”

According to these definitions, contentment has nothing to do with finances. A person can be rich or poor and

still be content. The apostle Paul understood clearly the idea of contentment when he said, “... for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether living in plenty or in want.” (Phil. 4:11-12).

Are you learning the secret of contentment? Contentment is not in what you have or don’t have, it is learning to see finances from God’s perspective. He is the owner and we are the managers of God’s resources. If your trust is in finances or possessions, you are not building your house on a solid foundation.


Wise King Solomon wrote, “Do not weary yourself to gain wealth, cease from your consideration of it. When you set your eyes on it, it is gone. For wealth certainly makes itself wings, like an eagle that flies toward the heavens.” (Proverbs 23:4-5).

Would you be content with something that flies away?

Contentment is spiritual, not financial. Yes, it is possible to experience financial contentment in this troubled economy. Financial contentment is simply living within one’s income. The way you handle what God has given indicates whether you have learned the secret to contentment.

Remember, God owns it all. Owners have rights and we, the stewards or managers, have responsibilities. Society encourages us to spend more than we make. “Just put it all on the credit card and you can pay for it later,” the advertisers say. That does not support the idea of financial contentment. Society feeds on our lack of contentment and our desire to obtain certain things that seem to bring us happiness. This happiness is temporary and inconsequential. It may cause problems in the future if it is not addressed.

The key to contentment is your relationship with God. I encourage you to make a commitment this year to live within your income. You won’t regret it.

<div></div> <div>Protestant<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)7:45 a.m. Bayonet Chapel (Hispanic)9 a.m. and 10:30 a.m. Magruder Chapel9:30 a.m. Main Post Chapel10:45 a.m. Post-wide Sunday School (Main Post Chapel)11 a.m. Memorial Chapel11 a.m. Chapel Next Bayonet Chapel■ Wednesday<ul style="list-style-type: none">6 p.m., Prayer Service Daniel Circle Chapel7 p.m. Gospel Mid-week Service Daniel Circle Chapel<p>PROTESTANT BIBLE STUDY</p><ul style="list-style-type: none">■ Monday<ul style="list-style-type: none">7 p.m. Women’s Bible Study (PWOC — Main</div>	<div><p>Post Chapel, Class 209)</p><ul style="list-style-type: none">■ Wednesday<ul style="list-style-type: none">7 p.m. Anderson Street Chapel7 p.m. Daniel Circle Chapel7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)■ Thursday<ul style="list-style-type: none">9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)7 p.m. LDS Bible Study (Anderson Chapel)■ Saturday<ul style="list-style-type: none">8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)<p>PROTESTANT YOUTH OF THE CHAPEL</p><ul style="list-style-type: none">■ Saturday<ul style="list-style-type: none">11 a.m. Daniel Circle Chapel (third Saturday)■ Wednesday<ul style="list-style-type: none">6:30 p.m. Main Post Chapel</div> <div>Catholic<ul style="list-style-type: none">■ Monday-Friday<ul style="list-style-type: none">11:30 a.m. Mass (Main Post Chapel)■ Sunday<ul style="list-style-type: none">8 a.m. Mass (MG Robert B. Solomon Center)11 a.m. Mass (Main Post Chapel)9:30 a.m. Mass (120th AG Battalion Chapel)</div>	<div><p>9:30 a.m. CCD (Education Center)</p><p>9:30 a.m. Adult Sunday School</p><p>12:30 a.m. Catholic Youth Ministry</p><ul style="list-style-type: none">■ Wednesday<ul style="list-style-type: none">7 p.m. Rosary7:30 p.m. RCIA/Adult Inquiry</div> <div>Lutheran/Episcopalian<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">8 a.m. Memorial Chapel</div> <div>Islamic<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">8-10 a.m. Islamic Studies (Main Post Chapel)■ Friday<ul style="list-style-type: none">12:30-1:45 p.m. Jumah Services (Main Post Chapel)</div> <div>Jewish<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">9:30-10:30 a.m. Memorial Chapel10:30-11:30 a.m. Jewish Book Study (Post Conference Room)</div> <div>Church of Christ<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">11:30 a.m. Solomon Center</div>	<div>Latter Day Saints<ul style="list-style-type: none">■ Sunday<ul style="list-style-type: none">11 a.m. Warrior Chapel at 120th AG Bn.7 p.m., Scripture Study Anderson Chapel</div> <div>Addresses, phone numbers</div> <div><p>Daniel Circle Chapel 3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478</p><p>Main Post Chapel 4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469</p><p>Bayonet Chapel 9476 Kemper St., 751-4542</p><p>Family Life Chaplain 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780</p><p>Anderson Street Chapel 2335 Anderson St., Corner of Jackson Boulevard, 751-7032</p><p>Education Center 4581 Scales Ave.</p><p>Magruder Chapel 4360 Magruder Ave., 751-3883</p><p>120th Rec. Bn. Chapel 1895 Washington St., 751-5086</p><p>Memorial Chapel 4470 Jackson Blvd., 751-7324</p><p>Chaplain School 10100 Lee Road, 751-8050</p></div>
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SPORTS/FITNESS

Fitness program delivers the goods

Maj. Thomas Hundley
Moncrief Army Community Hospital

Better customer service, increased productivity and service with a smile are what customers expect when visiting the Fort Jackson Commissary these days. These positive qualities can be attributed to the new fitness program that the commissary employees started in November.

Glennie Scott, store director of the commissary, has taken her leadership role to another level. Every Monday at noon, she makes an announcement over the speaker for all commissary employees to meet outside in the parking lot for “high noon fitness.”

“We are all one big family over here, and there is nothing better than having fun and getting in shape with people you care about,” she said.

Each employee sacrifices his or her lunch period to conduct physical activity as a group. The employees participate in exercises ranging from a group walk, an aerobics class, resistance training using bottled water to toning and sculpting exercises using grocery carts.

“The creativity that our instructor uses in his workouts makes it a lot of fun,” said Teresa Mouzon, a commissary employee. “I love it and wish we had started it years ago.”

Studies suggest that fitness in the workplace leads to significant dividends for an organization, and the Fort Jackson Commissary is reaping a substantial harvest.

“As a manager, I know that our employ-



Courtesy photo

Commissary employees meet for group-fitness activities each Monday in an effort to increase morale and health.

ees are our biggest asset,” Scott said. “I believe that a healthier employee is a happier employee and that leads to more productivity and fewer absences.”

One of those people experiencing significant changes is Luther Lloyd, an eight-year commissary employee.

“I have already lost over 15 pounds in the last couple of months, and I have more energy throughout the day,” Lloyd said. “It’s the perfect solution for people who don’t have time to get active before or after work.”

While not every commissary worker participates in the voluntary program, the num-

bers are increasing each week.

“I haven’t forced everyone to participate, but I do highly recommend it,” Scott said. “With the positive results we’re getting from this, it won’t take long for the rest to get on board.”

Scott said she hopes that the commissary’s program will encourage others to get active for better health. She said she is also enthused by the obvious physical changes she sees.

“A lot of the women here have already dropped a couple of dress sizes,” she said. “If we keep this up, affordable food will be the second best reason to visit the commissary.”

Sports Briefs

Swim Meet

A swim meet for active-duty personnel only is scheduled for Feb. 24. Participants must submit name, age and events to the Sports Office by 3 p.m., Feb. 18. For more information, call 751-3096.

Racquetball

Racquetball league play will begin Feb. 26. The league is open to all FMWR-eligible ID card holders 18 and older. The deadline to sign up is today. A mandatory players’ meeting is scheduled for 5 p.m., Feb. 17, at Perez Fitness Center. For more information, call 751-3096/6258.

Golf League

Intramural and recreational golf league play will begin March 30. The deadline to sign up and submit handicaps is March 18. For more information, call 751-3096.

Volleyball

Intramural and recreational volleyball league play will begin at the conclusion of the winter basketball season. Players must be at least 18. The deadline for teams to sign up is March 25.

Summer Softball

Letters of intent for intramural and recreational softball are due March 26. Players must be at least 18. For more information, call 751-3096.

St. Patrick’s Day Fun Run

The St. Patrick’s Day Fun Run and Walk is scheduled for March 14. Registration for the 5K event is set for 6:30-7:30 a.m. at Hilton Field Softball Complex. The race will begin 8 a.m. The walk will begin 8:15 a.m. For more information, call 751-3096/5896.

Important Numbers

For youth sports, call 751-5610/5040. For golf information, call 787-4437/4344. For sports information, call 751-3096.

Basketball standings*

Monday/Wednesday League

Swampfoxes	6-1
2-13	6-2
4-321st	6-2
PES	4-4
187th	3-4
SSI	2-4
3-13	1-6
3-60	1-6



Tuesday/Thursday League

That’s Them	7-0
Niteflyte	6-2
VSB	5-2
120th	4-2
165th	4-3
DSS	3-5
SCNG	2-0
2-60	2-6
MEDDAC	1-6
JAG	0-7

* Standings as of Feb. 11.